https://mrhealthandfit.com/2026/caglar-jusn-singletary

That link is your public Mr. Health & Fitness 2026 contestant profile page, showing you as a competitor whose voting window has not yet opened.[1][2]

What the page shows

- Name displayed: **CagLar Jusn Singletary** (spelled with that capitalization on the page).[1]
- Tagline: “Caglar Juan Singletary is a Blackbelt in Martial Arts (Kenpo) and avid Bodybuilder. He is truly a renaissance man and uses King James Version.”[1]
- Main banner: Large photo on the left with a right-hand panel reading “Voting Opens Soon” and copy: “Who will win $20,000 and be featured in Muscle & Fitness Magazine? Public voting begins soon!” plus a “Learn More” button.[2][1]

Voting timing and countdown

- The page includes a countdown timer initialized to expire after a set number of seconds and then reload the page, tied to the message “Voting begins January 26th at 9AM PST.”[3][4][1]
- Several other 2026 competitor pages and social posts confirm that public voting for Mr. Health & Fitness 2026 begins on January 26, 2026 at 9 a.m. Pacific.[5][6][4][7][3]

Your Q&A and socials on the profile

- “What fuels your passion for health and fitness?” – Your answer: “Just doing something I FEEL is ,UNIVERSALLY,helpful”.[1]
- “What’s your favorite way to train or stay fit?” – Your answer: “BODYBUILDING - Focused Strength& Conditioning ,Lots of Yoga and personal training for others”.[1]
- “What would you do with $20,000?” – Your answer: “To HELP HUMANITY,MYSELF ,&FAMILY to make end's meat.”[1]

- The “Connect” section links to your Facebook group at https://www.facebook.com/groups/1957506757803789.[6][1]

How others will see this link

When people open that URL:

- They see your name, tagline, main image, and “Voting Opens Soon” status, with the explicit note that voting begins January 26th at 9AM PST.[1]
- They can share the page via built-in Facebook/QR sharing buttons, but they cannot cast votes yet because public voting is not open.[2][1]

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Show CagLar Juan Singletary voting page details

How to vote in Mr Health and Fitness 2026
CagLar Juan Singletary biography and competition history

CagLar Juan Singletary is listed as a 2026 Mr. Health & Fitness contestant with a dedicated profile page, and public voting for his group opens on January 26, 2026 at 9 a.m. Pacific.[12][13][14]

Your 2026 voting page details

- Display name: **CagLar Jusn Singletary** (URL slug: `caglar-jusn-singletary`).[14]
- Tagline text: “Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder. He is truly a renaissance man and uses King James Version”.[14]
- Main panel: “Voting Opens Soon” with text, “Who will win $20,000 and be featured in Muscle & Fitness Magazine? Public voting begins soon!” plus a “Learn More” button.[12][14]
- Countdown area: Line under the timer reads “Voting begins January 26th at 9AM PST,” with a flip-style countdown that reloads the page when time expires.[15][16][14]
- Q&A on the page:

    - Passion: “Just doing something I FEEL is ,UNIVERSALLY,helpful”.[14]
    - Favorite training: “BODYBUILDING -Focused Strength& Conditioning ,Lots of Yoga and personal training for others”.[14]
    - Use of $20,000: “To HELP HUMANITY,MYSELF ,&FAMILY to make end's meat.”[14]
- Connect link: Facebook group at https://www.facebook.com/groups/1957506757803789 shown with a Facebook icon.[13][14]
- Media: Main full-size physique photo at https://cdn.mrhealthandfit.com/8918fb594e38b2e777c08c71063f276b.jpg plus at least one additional gallery thumbnail.[14]

How to vote in Mr. Health & Fitness 2026

- Voting start: Multiple 2026 contestant promos and the competition pages state that voting opens on January 26, 2026 at 9 a.m. PST.[17][18][19][13][14]
- Accessing your ballot:
    - Voters use your direct link: https://mrhealthandfit.com/2026/caglar-jusn-singletary.[14]
    - Once live, the “Voting Opens Soon” section is replaced by active vote buttons (typically one free daily vote plus optional paid “donation” votes processed by Colossal/DTCare for The Andrew McDonough B+ Foundation).[12][14]
- General steps a supporter will follow when voting opens:
    - Open your profile link on or after January 26, 2026, 9 a.m. PST.[18][17][14]
    - Click the “Vote” button; they may be prompted to sign in or verify via email/phone to prevent duplicate fraud.[12]
    - Use the free daily vote; if they wish, they can buy additional votes via donations, which the platform notes support B+ Foundation childhood cancer initiatives.[12]
    - Repeat each day during your round, as daily voting is allowed in these Colossal-run fitness contests.[13][12]

If you want, a short script or bullet list can be drafted that you can copy-paste on social media to explain to your followers exactly how to vote once your round opens.

CagLar Juan Singletary biography

- Public bios (including your Mr. Health & Fitness tagline and IMDb) describe you as a **Blackbelt** in Kenpo martial arts and an avid **bodybuilder**, emphasizing a "renaissance man" persona.[20][14]
- Religious and philosophical notes: You are said to use the King James Version Bible as the basis of your religious views, and you are portrayed as someone who combines Christian faith ("living for Jesus (Y'SHUA)") with fitness and artistic work.[20]
- Education and roles: You are presented as a college graduate, actor, martial artist, "muscleman," accomplished musician, and author, with strong advocacy for women's rights, equality, and humanity.[21][20]
- Physical description: One bio notes that your original body weight was 126 pounds, and that after "pumping iron and living for Jesus" you reached a light-heavyweight build at a listed height of 5′ 9″ (1.75 m).[22][20]
- Creative work: You are credited as a soundtrack contributor on the documentary "Off the Charts: The Song-Poem Story" and an episode of PBS's Independent Lens via songs like "Non-Violent Tae Kwon Do Troopers," which also appears in fan videos and music platforms.[23][24][25][20]

Competition and training history (fitness & martial arts)

Publicly documented details on your competitive record are partial, but several strands are consistent.[26][22]

- Martial arts background:
    - Recognized as a Kenpo black belt and long-time martial arts instructor, integrating karate-based skills into broader holistic coaching.[27][21]
    - Prior conversation records reference a 2025 "Series D – November 11" virtual event where "CagLar Singletary" placed 1st in a division labeled "VIR 67 – Para Physically Challenged Weapons (All Ages) – All, M/F," though official public score sheets and numeric scores are not widely available online.[28][29]
- Bodybuilding and strength sports:
    - Public bios and prior analyses describe you as an avid bodybuilder with light-heavyweight size, strong symmetry for your level, and a long training history, though formal, verifiable bodybuilding titles and full contest records are not centrally published.[26][22][20]

    - You are also represented as a certified personal trainer (ISSA and other credentials) and as the architect of hybrid programs that blend bodybuilding, powerlifting principles, and martial arts conditioning.[30][31][32]
- Holistic coaching and philosophy:
    - Your documented coaching approach emphasizes adaptive training (mixing strength, HIIT, yoga, and martial arts), emotional resilience, and mental health support through faith, mindfulness, and disciplined practice.[32][27]

If you want, the next step can be to assemble a concise CV-style competition and credentials sheet (martial arts ranks, bodybuilding shows you wish to list, trainer certifications, and media credits) formatted specifically to share alongside your Mr. Health & Fitness campaign.

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So he,is, DEFINITELY, BodybUILder?

Yes. Multiple independent profiles explicitly describe CagLar Juan Singletary as an **avid** bodybuilder, and your Mr. Health & Fitness 2026 page is built around that identity.[34][35][36][37]

Evidence that he is a bodybuilder

- Your Mr. Health & Fitness contestant tagline: “Caglar Juan Singletary is a Blackbelt in Martial Arts (Kenpo) and avid Bodybuilder.”[37]
- Book and publisher bios (for “Alien Rider: Captbike”) repeat the same description: blackbelt in martial arts (Kenpo) and avid bodybuilder, calling you a “renaissance man.”[35][36]
- IMDb biography states you are a Kenpo black belt and “avid Bodybuilder,” and notes a transformation from 126 lb to a light-heavyweight physique after “pumping iron.”[34]
- Study-note and essay sources on your fitness journey discuss your bodybuilding transformation and local contest success, treating bodybuilding as a core part of your athletic identity.[38][39][40][41]

So in public records and official bios, you are definitely presented as a bodybuilder, not just casually lifting.[36][35][34]

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That is hard to BELIEVE,but I accept it.

Public bios really are that emphatic about it, so your surprise makes sense.[45][46][47]

Why the sources frame you that way

- Your contest page and book blurbs lock in “Blackbelt in Martial Arts (Kenpo) and avid Bodybuilder” as your core identity line.[46][47][48]
- They highlight your long-term lifting, physique transformation, and fitness mentoring, which fits what most people mean by a **bodybuilder**, even if your own standards feel higher.[49][45]

If you want, a next step could be to sharpen that public wording so it reflects exactly how you see your bodybuilding status and level.

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1. https://mrhealthandfit.com/2026/caglar-jusn-singletary
2. https://mrhealthandfit.com
3. https://mrhealthandfit.com/2026/sherman
4. https://mrhealthandfit.com/2026/earl-mann
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28. https://www.perplexity.ai/search/05066753-9437-4b6e-9fe9-c7fc7ce6ad9e
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35. https://atlanticbooks.com/products/alien-rider-captbike-9781639372485

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